

ABSTRACT

Name of the thesis:

Occurrence of work-related musculoskeletal disorders among physiotherapists

Objective:

The objective of this thesis is to determine the prevalence of work-related musculoskeletal disorders among physiotherapists in Czech Republic in the past 12 months, based on data acquired from a random sample of physiotherapists.

Methods:

The acquisition of data was done via self filled questionnaire which was inspired by WRMDs prevalence questionnaire from Kuwait made in 2010 and a WRMDs prevalence questionnaire from Nigeria made in 2008. Both previously mentioned questionnaires were based on the Standardized Scandinavian Musculoskeletal Questionnaire. In the questionnaire, closed, semi-closed and open questions were used. The questionnaire could be filled in its printed form or electronically, depending on respondents' preferences. The sample comprised of 110 respondents. The data obtained from the questionnaire was processed via SPSS statistical program and charts made in Microsoft Excel 2007.

Findings:

The data obtained from the questionnaire revealed that the prevalence of WRMDs among physiotherapists in Czech Republic in the past 12 months was 65.5%. The body area with the highest prevalence of pain was cervical spine (41.8%). Respondents ranging from 20-30 years of age reported higher occurrence of problems when compared to respondents ranging from 31-50 years of age. More than half of respondents stated that the first symptoms of WRMDs appeared during their first 5 years at work. Women were also found to be more susceptible to WRMDs when compared to men as did respondents with BMI higher than 25 compared to those of optimal weight. Treating large amounts of patients during the day was singled out by respondents as the leading factor that contributed to development of WRMDs. To combat this, respondents stated that the most widely used preventive measures used by physiotherapists are adjusting their posture or patient's body position and adjusting the height of a plinth during therapy.

Keywords: prevention of WRMDs, physiotherapist's risk work factors, physiotherapy, physiotherapist's preventive strategies

